

# Infections

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

## TRY THIS

**Wash your hands.** Keep your hands clean, especially before eating.

**Take care of cuts, scrapes, and surgery wounds.** Clean broken skin and protect it with a bandage.

**Avoid germs.** Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

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## CHECK THIS OUT

**Visit** the Springboard page on Infections.

<https://smokefree.gov/springboard/symptoms/infections>

**Learn** the signs of infection (<http://goo.gl/bw6E7q>) and how to prevent infections in people with cancer (<http://goo.gl/EUOoEX>).

**Learn** three simple steps to help avoid infection. <http://goo.gl/x0vdHZ>